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\$25 MILLION FOR PARK?

'GREAT LAWN' AND
OTHER THINGS THAT
KIND OF MONEY CAN
BUY FOR LANSDOWNE

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Hugs not thugs: Feds kick in cash to combat bullying

Initiative, launched after teen suicides,
includes education and workshops
aimed at youth

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Maybe now you can finally get rid of that flip phone

CRTC's new rules lets customers
cancel cellphone contracts after two
years without penalty

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**NO
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CARRYING TORCH FOR SPECIAL CAUSE

Const. Rheel Levac with the Ontario Provincial Police Ottawa detachment led the beginning of the Ontario Law Enforcement Torch Run for Special Olympics Monday at Carleton University. The run is the largest source of funds for Special Olympics Ontario, which support 18,000 athletes with intellectual disabilities as runners accept donations after they cross the finish line. Runners from the Ottawa Police Service, provincial corrections, Carleton University campus security, the Canadian Border Services Agency, the Royal Canadian Mounted Police and other agencies joined Special Olympians Monday on the run from the university to city hall. Races in other parts of Ontario are scheduled this week. JOE LOFARO/METRO

Mayor puts it all on raceway

Changing horses.

Watson's motion would
make Rideau Carleton
'only acceptable
location' for casino



ALEX
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Saying it's become "increasingly clear" that Rideau Carleton Raceway has no future in Ontario Lottery and Gaming's modernization plans, Mayor Jim Watson is asking council to approve a motion that would make the racetrack the only acceptable location for an expanded gambling facility in Ottawa.

Watson gave notice Monday evening he intends to ask council to make RCR the "only location acceptable to the City of Ottawa for an expanded gaming facility."

The mayor had previously asked OLG to consider a new casino as well as a "satellite" operation at RCR. Watson said OLG rejected the idea, in contrast to its decision to maintain

Toronto's Woodbine track as a separate entity to a new casino.

"What we're asking them to do is to go back to our original (2011) position," Watson said.

"Take the existing facility and expand it. So we're in many ways back to where we first began."

OLG did not respond to a request for an interview Monday evening.

The move came as a surprise to many, and was another blow to OLG's "modernization" plans.

Last week, Toronto City Council voted 40-4 against a new casino, and OLG CEO Paul Godfrey was ousted by Premier Kathleen Wynne earlier in May.

Ward Coun. Doug Thompson, who has been a vocal booster for RCR, praised the mayor's decision.

"This is going to be a huge economic catalyst for the construction industry and the entertainment industry for Osgoode Ward, for the south end of the city, and the city as a whole," said Thompson.

Watson's motion will go before the city's finance and economic development committee next month.

What does your freedom look like?
Turn to page 6



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Anti-bullying youth program to get support from Ottawa

National program. Federal government partners with Red Cross to train 2,400 youth in bullying prevention



JOE LOFARO
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The high school attended by a late Ottawa teen who killed himself after years of bullying for being openly gay was the backdrop of a federal government announcement Monday for a national anti-bullying program.

Heritage Minister James Moore said the government is committing \$250,000 to the Canadian Red Cross' Stand Up to Bullying and Discrimination in Canadian Communities program in light of recent teen suicides, including the 2011 death of Jamie Hubley.

The 15-year-old son of Ottawa city councillor Allan Hubley had been suffering from depression while facing bullies at A.Y. Jackson High School in the city's west end. His suicide preceded those of

bullied teens Amanda Todd in British Columbia and Rehtaeh Parsons in Nova Scotia.

Moore said the government is partnering with the Red Cross to train 2,400 youth between the ages of 13 and 17 in bullying prevention. Those youth will then deliver in-class workshops to 20 other youth in schools across Canada to reach approximately 48,000 youth.

Three youth-led leadership symposia will also be held in Ontario, B.C. and Atlantic Can-

Quoted

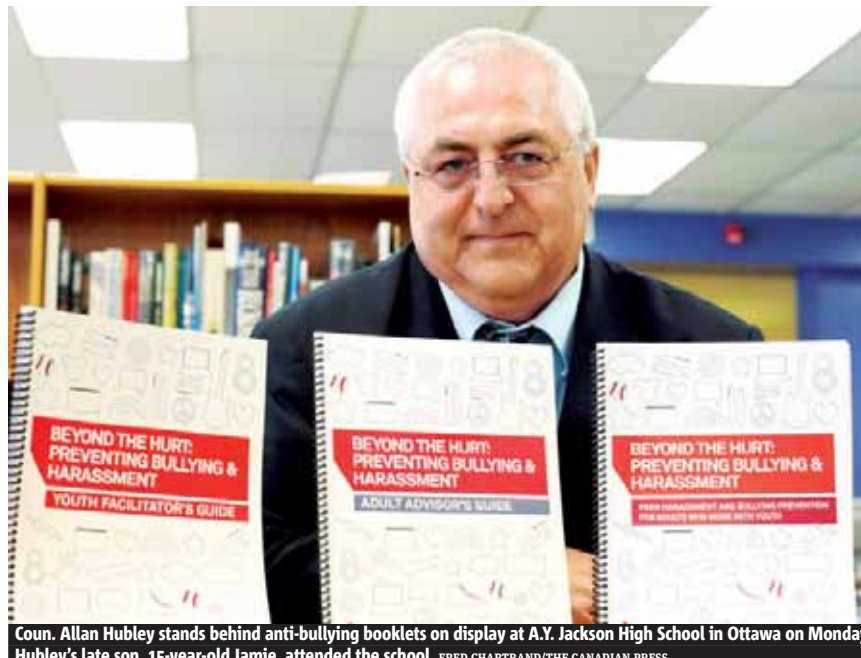
"This is the commitment we made to our community."

Coun. Allan Hubley, referring to his family's role following the suicide of his son

ada to help participants fight bullying and discrimination.

Hubley called the Red Cross' project both "important and timely."

"Canadians such as my family have paid too high a price and want meaningful progress before other families must carry the burden of losing someone special



Coun. Allan Hubley stands behind anti-bullying booklets on display at A.Y. Jackson High School in Ottawa on Monday. Hubley's late son, 15-year-old Jamie, attended the school. **FRED CHARTRAND/THE CANADIAN PRESS**

like my boy, Jamie, who only wanted safer communities for everyone," said Hubley in the school's library.

The Hubley family was devastated in October 2011 with the death of their son,

but since then the councillor has been very public about his grief and the need to talk to youth about bullying.

"These things are tough. We have to relive everything when we do these things,"

Hubley said. "But it's important. This is the commitment we made to our community. We would do everything we could to try and prevent other families from suffering what we have to suffer."



"Sophie" traffic lights CONTRIBUTED

'Sophie' gets the green light

Meet Sophie. She's turning heads. She's out on the streets fighting gender bias.

And she's a traffic light.

Monday afternoon at the Netherlands Embassy, Netherlands Ambassador Wim Geerts donated an unusual traffic light to be displayed at the forthcoming Canadian Human Rights Museum (CHRM).

Instead of the familiar male figure, the crossing light shows a "realistic"-looking female figure nicknamed "Sophie."

"When we learned that Canada was building a Human Rights Museum we wanted to know more and we wanted to get involved," said Geerts.

"It's certainly a wonderful gift from the ambassador,"

said Stuart Murray, president and CEO of the CHRM. "The (museum) will be dealing with a number of topics around women's rights."

The museum is set to open at The Forks in Manitoba in 2014.

The Sophie crossing light is meant to remind people that it's not just a man's world,

Geerts said.

The feminine crossing light was first introduced in the Netherlands about 10 years ago. Today, Sophie can be spotted in several cities there.

"We still have a way to go, but the number is increasing because people like the idea," said Geerts.

JORDAN BROWN/FOR METRO

OC Transpo

Coun. Deans calls transit-safety meeting with women's groups

The chair of the municipality's transit commission has called a meeting with local women's groups to discuss safety on OC Transpo.

Women's Initiatives for Safer Environment,

the Ottawa Coalition to End Violence Against Women, City of All Women Initiative, and Hollaback! Ottawa have been invited to the June 20 meeting, according to Coun. Diane Deans' office.

"The commitment is to an ongoing dialogue with these organizations," said Deans on Monday.

"(The intent is) to not only ensure the safety of our system, but to ensure that users of the system perceive that they're safe on our system." **ALEX BOUTILIER/METRO**

Ottawan charged

Fat cat put down after ballooning to more than 11 kg

An Ottawa woman faces neglect charges following allegations she let her cat fill out to more than 11 kilograms and left the feline in such poor shape he had to be put down.

The Ottawa Humane Society says 12-year-old Napoleon was so heavy he could no longer stand or clean himself,

while his fur became matted with fecal matter.

The group alleges Napoleon's owner had brought the cat to a veterinarian several times but failed to heed the animal doctor's advice.

Guylene Roy was charged last Wednesday under the province's animal-cruelty law with permitting distress to an animal and failure to maintain standards of care, and faces a maximum fine of \$1,000 and/or 30 days in jail.

She is due in court June 27. **THE CANADIAN PRESS**

In memoriam

NAC Orchestra founder dies

Maestro Mario Bernardi, the founding conductor of the NAC Orchestra, passed away last Sunday in Toronto. Bernardi also started the NAC's summer opera festival.

JORDAN BROWN/FOR METRO



Mario Bernardi

1 NEWS

Urban park could cost up to \$25M

Lansdowne. Tender documents have been released to pre-qualified contractors, city says



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The City of Ottawa is expecting to pay \$20 million to \$25 million for an urban park at Lansdowne, according to tender documents.

That estimate includes all components of the park, including two major public-art installations, a refrigerated skating rink, a new skateboard park and a "great lawn" on the park's southeast corner.

Jeff Byrne, the head of the city's supply branch, says the price tag is an estimate only. The contract will be awarded to the lowest responsive bid.

The city announced that four companies had pre-qualified to bid on the multimillion-dollar contract last week. The city went the



Four contractors are vying for the multimillion-dollar Lansdowne construction contract. CONTRIBUTED/CITY OF OTTAWA

pre-qualification route, Byrne says, due to the size, complexity and timelines associated with the project.

"The Lansdowne redevelop-

ment includes multiple project components, underway concurrently and with extremely tight timelines, and therefore this pre-quali-

fication process was deemed appropriate," Byrne wrote in an email.

The successful contractor will have incentives to meet

that aggressive timeline. If all work on the northeastern section of the park is completed by May 30, 2014, the contractor gets a \$60,000 bonus.

In the running

Pre-qualified bidders for the Lansdowne urban park:

- Carillion Canada Inc., Concord, Ont.
- D&G Landscaping, Greely, Ont.
- Doran Contractors, Ottawa
- Ottawa Greenbelt Construction Co. Ltd., Ottawa

If work on the southern section is completed by Oct. 31 later that year, the contractor is eligible for an additional \$40,000.

If deadlines are missed, the contractor could be slapped with up to \$100,000 in "disincentives" fees, depending on how long the delay lasts.

The tender documents are in the hands of the contractors, but they will not be made public until June 10. Final completion of the contract is set for May 2015.

City manager wants more authority over LPP deals



An aerial-view rendering of the Lansdowne Park "great lawn" shows some of the scope of the redevelopment project. CITY OF OTTAWA/CONTRIBUTED

Given tight timelines for the construction of Lansdowne Park, Ottawa's city manager is looking for more authority to execute deals with Ottawa Sports and Entertainment Group.

The authority, if approved, would give Kent Kirkpatrick the ability to directly sign off on matters relating to the Lansdowne Partnership Plan.

In a report due before the city's finance and economic

development committee Tuesday, staff note the authority would only extend to provisions already contained within the legal agreement between the city and OSEG. Any proposed changes to that agreement would still require committee and council approval.

That same report indicates construction at the Lansdowne Park redevelopment is going as scheduled and on budget. The report

also recommends that Minto Communities construct retail sections under its residential buildings, as well as the office building.

"OSEG notes that it is preferable from cost, engineering, construction and warranty perspectives to have one contractor instead of two different contractors build these portions of the retail base buildings and the residential and office buildings above them," the report

states. "Minto would earn a fee for the construction of these retail base buildings but the city has received assurances from Minto that the fee being earned is at or below current market rates for equivalent services."

Minto's CEO, Roger Greenberg, is a partner at OSEG.

The city's finance and economic development committee is scheduled to discuss the matter Tuesday morning.

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Over 100 die in blazing slaughterhouse

China. Frantic workers trapped inside plant with only one way out

Fire swept through a poultry-processing plant in northeastern China on Monday, trapping workers inside a slaughterhouse with only a single open exit and killing at least 119 people in one of China's worst

industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be locked or blocked.

The accident highlights the human cost of China's lax industrial-safety standards, which continue to claim workers despite recent improvements.

Dozens were also injured in the blaze in Jilin province's

Panic and grief

"I could only crawl desperately forward.... I worked alongside an old lady and a young girl, but I don't know if they survived or not."

39-year-old worker Guo Yan, as quoted by the official Xinhua News Agency

Mishazi township, which appeared to have been sparked by three early morning explosions, according to the official

Xinhua News Agency. The provincial fire department attributed the blasts to an ammonia leak. **THE ASSOCIATED PRESS**



Medical staff wait near a poultry-processing plant that was engulfed by fire. **THE ASSOCIATED PRESS**

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Turkey. White House calls on police and protesters to refrain from violence

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to keep from violence.

Spokesman Jay Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that have spiralled into the country's biggest anti-government

disturbances in years.

Secretary of State John Kerry, who has travelled to Turkey three times since becoming America's top diplomat, said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by police.

Earlier, Turkey's president defended the right of citizens to protest, in contrast to the dismissive stance of the prime minister.

THE ASSOCIATED PRESS



Turkey's Prime Minister Recep Tayyip Erdogan on Monday again dismissed street protests as a passing move by extremists. **THE ASSOCIATED PRESS**

Cambodia

Violence persists at Nike factory

Cambodian police clashed Monday with factory workers that make clothing for Nike, arresting seven, in the latest strike violence, said union and rights figures.

The protest at the Sabrina (Cambodia) Garment Manufacturing plant began May 21 when workers demanded their salaries be raised to \$88 per month from \$74.

The strike has seen violence before. Police allegedly used force when workers blocked a main road on May 27, reportedly causing two workers to miscarry. **THE ASSOCIATED PRESS**

Cyberattacks

Canada tells China to restrain hackers

Defence Minister Peter MacKay said he laid down clear "markers" Monday on how to curb cyberattacks originating in China.

MacKay told his counterpart in Beijing that Canada expects China to play by a "rules-based framework."

He said he was hopeful that there could be a "correction" in the cybersecurity threat if China is continually pressed by a variety of sources.

MacKay was non-committal when asked whether he believes the government is participating in the hacking. **THE CANADIAN PRESS**

Report. Many infant deaths still caused by unsafe sleep conditions

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased public awareness of the issue, according to a new report released Monday.

Of the 131 infant deaths studied by Ontario's Office of the Chief Coroner last year, 37 per cent were found in unsafe sleeping environments, according to the annual report of the Paediatric Death Review Committee and Deaths Under Five Committee.

The children died with no findings on autopsy, but were in an unsafe sleep environment, said Dr. Dirk Huyer, the committee's chairman.

"What we don't know is whether that directly caused the death, or whether it's specifically associated with it," he said. "But we do know ... epidemiologically and through study that children have a greater risk of dying in unsafe sleeping environ-

Collecting more data

The additional information collected includes details of how the baby was sleeping and positioned, the temperature of the room and whether the infants were sleeping with a parent or adult, Huyer said. More information is also being collected about the mother's pregnancy and the family's social characteristics.

ments."

Infants should sleep on their back in a crib, with nothing else in the crib except for a small blanket, Huyer said.

Given that the rate hasn't changed in recent years, the committees started to refine their approach in these deaths, he said, adding that they've been collecting more data to see if there are certain risk factors associated with them. **THE CANADIAN PRESS**

Turban ban. Sikh kids told they can play soccer 'in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban there's an easy solution: they can play in their own yard.

The federation held a teleconference on Monday to explain its weekend decision to uphold a ban on turbans.

Brigitte Frot, the director general of the provincial association, said the reason to maintain the ban is for player safety.

When asked how many injuries have actually been linked to turbans Frot said there are none.

She was asked what she would tell a five-year-old boy in a turban who shows up to play soccer with his friends.

"They can play in their backyard, but not with official referees, not in the official rules of soccer," Frot replied. "They have no choice."

THE CANADIAN PRESS



The Quebec Soccer Federation announced Sunday it has decided to keep a ban against players wearing turbans on the field. The statement noted that girls are now permitted to wear headscarves on the field in Quebec, following a directive from FIFA in 2012. MUHAMMAD AL-KISSWANY/THE CANADIAN PRESS FILE

VIA Rail plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

THE CANADIAN PRESS

Social media

PM's partisan tweet raises eyebrows

A partisan pitch sent from the prime minister's Twitter account touched off some pointed questions Monday about how Stephen Harper is using social media.

Harper actively solicited names for the Conservative party's mailing list via his @pmharper account, viewed by many as the official social media voice for the Prime Minister's Office.

Government policy forbids the use of official communications for partisan purposes, but Harper spokeswoman Julie Vaux said in an email that "@pmharper is a political Twitter account, not a government one." Vaux noted Harper runs a second, government account at @pmwebupdates.

The @pmharper account is defined as belonging to the Prime Minister, with no reference to party. It also includes a link to the PM's official government website. **THE CANADIAN PRESS**

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Spain

Police find bones in martial-arts gym

Spanish police are trying to determine whether bones found in garbage bags in the gym of a martial-arts instructor belong to multiple crime victims.

Police in the northern city of Bilbao discovered the bones Monday after they said witnesses saw Juan Carlos Aguilar, 47, drag a

woman inside the gym by the hair. Officers found her inside, brutally beaten.

Forensic testing is under way to determine how many people the bones belonged to and how they died. Searches were also happening at Aguilar's home and in a nearby river.

The woman who was beaten and tied up in the gym was in a coma at a Bilbao hospital Monday.

THE ASSOCIATED PRESS

New Jersey murder

YouTube celebrity pleads not guilty

A Canadian man who gained YouTube fame as Kai the Hatchet-Wielding Hitchhiker pleaded not guilty Monday through a lawyer to a murder charge.

Caleb McGillivary, 24, is accused of killing 73-year-old lawyer Joseph Galfy, whose body was found May 13 in his New Jersey home.

McGillivary became a minor celebrity in February after intervening in an attack on a utility worker in Fresno, Calif., describing on TV how he used a hatchet to fend off the attacker. He also appeared on Jimmy Kimmel Live.

McGillivary was born and raised in Edmonton, his father, Gil McGillivary, from Hawkesbury, Ont., said last month.

THE ASSOCIATED PRESS



Michael Adebolajo raises his injured arm while kissing the Qur'an at Westminster Magistrates Court in London on Monday. SKETCH BY ELIZABETH COOK/THE ASSOCIATED PRESS

U.K. slaying suspect kisses Qur'an in court

Michael Adebolajo.

Also blows kiss to man in public gallery, both men then point to sky

One of two main suspects in the killing of British soldier Lee Rigby in London made his first appearance in court Monday, kissing a copy of the Qur'an and raising his injured arm in the air.

Michael Adebolajo, 28, who was shot by police before he was arrested on the scene of the May 22 killing, appeared in court with his left arm heavily bandaged.

Adebolajo — who asked to be known in court as Mujahid Abu Hamza — faces charges of murder, attempted murder of two police officers and firearms possession.

His suspected accomplice, Michael Adebowale, 22, made

Task force

British Prime Minister David Cameron told lawmakers that Parliament's intelligence and security committee would report by the end of the year on whether more could have been done to prevent the killing.

- A task force to address radicalization will look into whether rules for charities are too lax and allow extremists to prosper, the issue of extremist groups at universities and help for mosques that want to expel extremists.

a separate appearance at another London court via video-link later Monday. Adebowale is also accused of killing Rigby. THE ASSOCIATED PRESS

WikiLeaks. Prosecutor says info got to Bin Laden

U.S. army Pfc. Bradley Manning faced life in prison as his trial began Monday, three years after he was charged with providing material to anti-secrecy website WikiLeaks.

The 25-year-old former intelligence analyst has admitted to giving information

to WikiLeaks, but military prosecutors want to prove he aided the enemy, which carries a potential life sentence. They said they will present evidence that former al-Qaida leader Osama bin Laden asked for and received information WikiLeaks published.

Defence attorney David Coombs said Manning was "young, naive, but good-intentioned." Coombs said Manning selectively leaked material he believed could make the world a better place.

THE ASSOCIATED PRESS



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In the lead-up to public hearings held this year on the new wireless code, the CRTC said it heard a lot of angry comments about three-year contracts. GETTY IMAGES FILE

CRTC cracks the dreaded 3-year cellphone contract

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early-cancellation penalties under a set of new rules unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as

far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a \$600 phone for \$99 on a three-year plan, they only have to pay the remaining balance on the device itself to get out of the contract early.

"We didn't focus on the length of the contract, we focused on the economic relation," CRTC chairman Jean-

Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a three-year contract without us actually banning three-year contracts, because what we're saying is the contract's amortization period can only be for a maximum period of 24 months."

The code will apply to new wireless contracts beginning Dec. 2. As part of the code, the CRTC is also capping extra data charges at \$50 per month and international data roaming charges at \$100 per month.

THE CANADIAN PRESS

London

Judge restricts protests after fur flies at Gaga event

A British judge has limited protests outside London department store Harrods after management complained that Lady Gaga fans were disturbed by anti-fur campaigners during an appearance last October. The judge said that while the singer visited Harrods to promote her perfume protesters with placards caused "nuisance, annoyance and harassment" to some people attending the event.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
97.30¢ (+0.85¢)



TSX
12,609.80 (-40.62)



OIL
\$93.45 US (+\$1.48)



GOLD
\$1,411.90 US (+\$18.90)

Natural gas: \$3.99 US (+1¢)
Dow Jones: 15,254.03 (+138.46)

Retail. Walmart aims to perk up the produce aisle

Walmart has announced steps to improve the quality of its fresh fruits and vegetables.

The retailer said Monday it is making more changes in its operations, training and sourcing as it looks to increase sales of bananas, lettuce and other produce and instill more confidence among shoppers looking for healthier choices.

Changes include delivering produce from farms to store shelves more quickly by purchasing fruits and vegetables directly from local growers. It's also conducting independent weekly checks of the produce

aisles at 3,400 U.S. stores, and has launched a produce training program to teach employees how to better handle fruits and vegetables.

The moves come as fresh fruits and vegetables have become the latest battleground in the supermarket wars, fuelled by shoppers' demands for healthier eating and the need for stores to differentiate themselves from rivals. Analysts say that Walmart's produce often looks tired and well below the quality of rivals like Trader Joe's, Whole Foods, Costco and Kroger. THE ASSOCIATED PRESS



Employee Karla Franco stocks the produce section of a Walmart Supercenter store in Pico Rivera, Calif., on May 30. KEVORK DJANSEZIAN/GETTY IMAGES



Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

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DB2 COBOL Programming (2d) June 20, July 11

DB2 Concepts and Facilities (1d) June 17, July 8

DB2 SQL Queries Workshop (3d) June 17, July 8

DB2 Database Administration (5d) July 15, Aug 12

DB2 Advanced SQL Workshop (2d) June 10, July 22

DB2 Development for Performance (3d) June 12, July 24

Interactive SQL Workshop (2d) June 18, July 9

Intro to **MVS** Mainframe Technology (1d) Aug 1, Sept 3

TSO-ISPF Essentials (2d) July 8, Aug 12

JCL for Application Developers (3d) July 10, Aug 14

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PUTTING THE 'PRO' IN PROM

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom any-



SHE SAYS

Jessica Napier

metronews.ca

more. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one thing in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Nice to moss, er, I mean, meet you



PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in

the town of Bejar originates from a time when Christians reconquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's

moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. **METRO**

More spores

20 kg

20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Vine users meet VineTune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-

second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users have been Vine-ing for the past five months.



Twitter

@metropicks asked: @pnharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?

@FrenchmanCanada: He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

@J8780: What Nigel Wright told him as to why he felt he needed to write Mike Duffy a \$90,000 cheque.

@KRam41: re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

@MikeGormanHFX: What sort of masonry cement does he use for his hair?

@hserapsayv: No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

that said is Harper really working for Canada or just the conservatives am his own agenda?

@SELLiott : I'd like @pnharper to tweet about parenting while being PM. Show us he's human.

@awanderingsky: The #pmo should handle the meaningless info tweets. @pnharper is missing out by not directly engaging the people.

@LondonComp: Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

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Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE

Metro World News in New York

The third season of AMC's crime procedural *The Killing*, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in *Boys Don't Cry*, *Garden State*, *Shattered Glass* and *An Education*. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?

So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to *The Killing*?

Those, and also because the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?

Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed



Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

there was more of a role there.

There's much less of a fear these days for serious actors to do TV.

So many of my favourite actors are on television. So, if you want to act with them you have to be on

television.

How is TV acting different from stage or film acting?

It's really fast. And because you don't know the show as well as the show runners or the writers, you're more at their mercy. On a film you'll know the whole

story, and you'll go up to the director and say, "Oh, this doesn't seem right to me, this entire scene." And we'll work on it or they'll tell me to shut the f— up. There's more interaction about content. But on TV, with a series like this, you just have to trust them.

DVD reviews



A Good Day to Die Hard

Director. John Moore

Stars. Bruce Willis, Jai Courtney

The *Die Hard* series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. *Die Hards* 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, *Live Free or Die Hard*, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, *A Good Day to Die Hard*. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's *Spartacus: Blood and Sand*). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

Escape to Planet Earth

Director. Cal Brunker

Stars. Brendan Fraser, Rob Corddry

This animated sci-fi chuckler about aliens trapped on Planet Earth somehow manages to elude tedium, despite being a revisionist rip of rival 'toons. It's got a lead character (Brendan Fraser) much like Buzz Lightyear from *Toy Story*, who gets into all kinds of intergalactic mischief with beasties and humanoids resembling the inhabitants of *Monsters vs. Aliens*, *Monsters, Inc.*, *The Hitchhikers Guide to the Galaxy* and many other similar entertainments. The central premise isn't terribly new, either, with everyone from E.T. to TV's *Alf* and *Mork & Mindy* having already gone down this interstellar path.

PETER HOWELL



Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million

guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."



Kristen Stewart

Count her in: Stewart's split isn't going to stop her from socializing

Kristen Stewart isn't letting her break up from Robert Pattinson keep her from having a social life. The Twilight starlet attended the wedding of her Catch That Kid co-star, Max Thieriot, over the weekend, according to

E! News. Thieriot, who has remained pals with Stewart since making the 2004 teen caper, married Lexi Murphy Saturday. Sources say Stewart wore a sleeveless black dress and sunglasses and mingled with other attendees.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jesse James' teen daughter heads to rehab



THE
WORD
Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and her friends party hard and get wired," said the "friend" who sold the video to Radar. "It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction," James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."

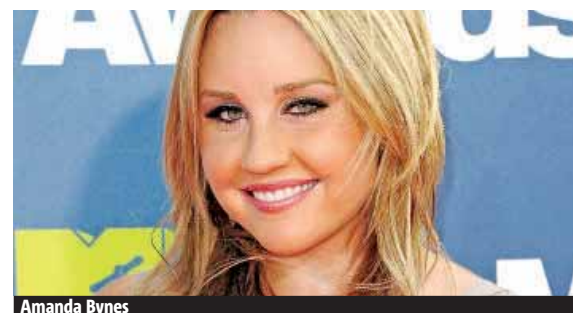


Lindsay Lohan

Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to RadarOnline. "I didn't want a confrontation

with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt. "She hates being at Betty Ford," a source says.



Amanda Bynes

Bynes needs a bunk: Amanda may have been booted from apartment

Amanda Bynes needs a new place to live. The troubled former child star was reportedly evicted from her New York City apartment last week, according to In Touch Weekly. "Movers showed up and removed Amanda's belongings from her apartment," a source says. This is the same apartment where

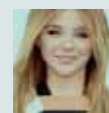
Bynes was arrested on May 23 after she allegedly threw a bong out of her 36th floor window. "Even before her arrest, residents had constant complaints about the smell of marijuana coming from her apartment," the source adds. "She had also cursed out residents and the doormen."

Twitter



@mindykalng

The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz

Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4



@JuddApatow

People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.

Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca



Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck ... Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.



Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.



The flat belly workout

Single Leg Glute Bridge

Lie on your back with your knees bent. Raise your hips and hold that position as you raise and lower your leg while keeping your hips up and level. Do 12 reps then switch legs.



Valslide Upside Down Snow Angel

Place a Valslide (an exercise tool that makes lower body exercises smoother) under each foot and come down into a plank position, with your forearms on the floor. Start with your feet together, then slide your legs open (out) without letting your hips drop. Slide your legs back together to complete one rep. Do 15.



Valslide 1 Arm Slide

Place a Valslide under each hand and get into a push up position. Slowly slide one hand out in front of you, and then bring it back. Then slide your other hand in front of you, and then back. Do 12 on each arm.



Valslide Sliding Crunch

Lie on your back, knees bent with feet in the air and a Valslide under each hand. Slide your hands away, curling your body towards your legs while keeping your arms straight, and your chin tucked in. Do 20.



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Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

1. Beat egg in a shallow bowl with 1 tbsp of water.
2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.
3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.
4. Warm a large skillet over

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil



This recipe serves four. SUBMITTED

medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

6. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT/MYFRIENDINFOOD.COM**

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets

whole and grate it yourself for a fresher, more potent punch.

- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.

- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.

- Add to spice cakes or cookies.

- Stir into dips.

- Consume curries more often.

- Mix with water and use as a scrub on sensitive skin.

- Take as a supplement.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Sopranos actor Steve Schirripa penned *Big Daddy Rules*, cover right. GETTY PHOTO

Tough-guy actor on his tough-love parenting book

Q&A. Sopranos regular Steve Schirripa talks being a strict, loving, daddy, but one who's wary of his 'cunning' teenage daughters

ALEXANDRA CAVALLO

Metro World News in New York City

On *The Sopranos*, Steve Schirripa played a hotheaded, loud-mouthed guy. As a father, he's pretty much that same guy. He wrote *Big Daddy Rules* as a love letter to his two daughters.

"I guess I don't always tell them how I feel," he says. "I yell a lot. I'm pretty strict, and also I've got a lot of opinions, and I wanted to put them all together in a book."

What are the rules?

The first rule is, I make the

rules. I'm your father, not your friend. But I'm the best friend you're ever going to have because nobody is going to care about you the way I care about you. The four greatest words in the world are "because I said so." That's why you can't go to the party where they're serving beer. Parents don't want to tell their kids "no" anymore.

What's the hardest part about raising girls?

A boy, you give them a ball, you give them a Lego, they're fascinated. Girls are smart, they're cunning, they're calculating. They bat their eyelashes, they manipulate you.

Did you care whether you had a boy or a girl?

It didn't matter to me, as long as they were healthy. It was scary though, when my wife got pregnant. I was not prepared. I was a guy that went out a lot. I

worked nights; I was living in Las Vegas. I thought my world would come to a stop.

What's an uncomfortable situation, as a dad?

My daughter dated a boy when she was 16, and I think I made a mistake there. I don't think she was emotionally ready. I was reluctant. I would not make that mistake again.

Do you really think you could have stopped her?

I hear what you're saying. I can't control everything they do, and I don't try to, but I want to be present whether I'm there or not. I want them to think, "What would my dad think about this decision I'm about to make?"

Were you strict with letting them watch TV?

I am still! I hate that reality crap. I saw them one day watching *The Jersey Shore*



and I said I never want to see that again, ever. It's complete garbage. You think this is for real?

What's your best advice for a new dad?

I think the best thing is to be present. Get in there; get your hands dirty. Be involved. You know, in every movie, every TV show, the dad's an idiot. Don't be an idiot. Take charge, change a diaper, help.

Are you getting good investment advice?



YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm mad as hell and ready to kick someone. Actually, I am ready to kick the advisor of a reader named Martin.

Martin is 59, on a fixed income and has little knowledge about investments. Nonetheless, he ended up with a \$150,000 investment loan, which the advisor then used to purchase seven seg mutual funds from two different insurance companies.

Seg funds are like mutual funds with capital guarantees of anywhere from 60 to 100 per cent, with 75 per cent being fairly standard. You must hold them for 10 long years before the guarantee can be activated.

Bear in mind that the guarantee does not cover any growth in the investments, only the money initially invested.

Interestingly, there's no 10-year period since 1950 when the Canadian markets have been negative. Even after the financial crash of 2008/2009



Borrowing to invest is a risky strategy. ISTOCK IMAGES

stocks righted themselves by early 2013. The worst period for the U.S. market was 2000 to 2010 with a minus 3 per cent return for the Dow Jones.

Specific investments, however, including any given mutual fund, can be a 10-year pooch. But if you are only getting a 75 per cent capital guar-

antee and paying for it through elevated mutual fund fees for 10 years, you have to have one terrible fund plus a bad market in order for the guarantee to be

worthwhile.

Back to Martin. Not including borrowing costs, his funds are worth \$17,000 less than he paid for them in 2002. Not

only that but he has considerable duplication in his holdings with two each of balanced, Canadian and global equity funds.

This advisor also persuaded Martin to buy shares of Research in Motion. He's actually made a few dollars here but this was a pure gamble. Borrowing to invest is a risky strategy even if the investments are sound. Buying a single, volatile stock such as RIM is also hugely risky.

Martin's best course of action is to make a complaint to the firm first. His Know Your Client form should indicate level of knowledge and risk tolerance. I'm betting he indicated both were low. Two other complaint venues are the Investment Industry Regulatory Organization of Canada (IIROC) and the office of the Banking and Investment Ombudsman.

Martin's portfolio does not match his situation or temperament and I am hoping he gets some compensation for this terrible advice.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



The physical card may soon be a thing of the past with more people using mobile wallets. ISTOCK IMAGES

Hold the phone: there's a new way to pay for your coffee

Whether it's buying morning coffee, getting a haircut or purchasing movie tickets, consumers want greater flexibility in paying for goods and services.

The number of credit and debit card transactions continues to increase, however payment with a physical card may soon be a thing of the past. In a connected world where smartphone and tablet usage continues to rise, this presents a shift in the way traditional payments are being accepted.

According to Pivotal Payments, one of Canada's leading payment processing companies, businesses both big and small can have a competitive edge by offering mobile payment options that are flexible and cater to their customers' changing needs.

"We've seen rapid growth of mobile payment applications due to the solution's affordability, security and universal-

ity," said Shaun McDonald, vice president of product and project management at Pivotal Payments. "Mobile payments allow merchants traditionally unwilling to accept credit cards to expand their payment options."

With the use of a small card reader, merchants owning an iPhone, Android or BlackBerry device can easily accept credit cards at a relatively low cost. Some see this as a stop-gap between the use of physical credit cards and mobile wallets.

In the case of mobile wallets, a consumer's own smartphone becomes the payment source, with an application that stores their credit card information.

As consumer behaviour evolves and accepts these new technologies, it will usher in a new era of payment processing where an actual credit card may not necessarily be required to make what we now consider a credit card purchase.

NEWS CANADA

Jim Kelly

Hall of Fame QB battling cancer

Jim Kelly intends to confront the cancer found in his upper jaw bone much like the Hall of Fame quarterback has approached many of the numerous challenges he's faced in life: Head on.

Revealing on Monday that he's been diagnosed with squamous cell carcin-



Jim Kelly
THE ASSOCIATED PRESS

oma, Kelly drew upon his family, faith and perseverance. Those are three qualities that have helped him overcome the death of his son, Hunter, his mother and whatever obstacles stood in his way on the football field.

THE ASSOCIATED PRESS

NBA

Kidd retires after 19-year career

Jason Kidd became one of the best by making others better.

He turned around a long-time-losing franchise, guided another to a championship, and helped his last one to its first division title since the year he came into the NBA 19 years ago.

But he looked more

burned out than brilliant in the final weeks of the season, and on Monday he decided to end one of the greatest careers for a point guard in league history.

Kidd, 40, won an NBA title with the Dallas Mavericks and two Olympic gold medals, is second on the career list in assists and steals, and was a 10-time All-Star. He also played for Phoenix, New Jersey and New York.

THE ASSOCIATED PRESS

Tweeted



"Don't be mad when I shush you and show pride in what I represent. #america"

U.S. soccer player Sydney Leroux said that her cheeky goal celebration in Toronto on Sunday was in retaliation to being racially abused in Vancouver last year.

Grief gives No. 1 in the world new motivation

French Open. Djokovic looks to win at Roland Garros to honour his late 'second mother'

Less than 48 hours after learning of the death of his childhood coach, Novak Djokovic was on court at the French Open, determined to complete a career Grand Slam in honour of the woman he likened to a "second mother."

Still grieving, Djokovic began shakily Monday. Six of the match's first seven unforced errors were his. After one poor exchange, he chucked his racket hard enough to break it. He dropped a set for the only time in four matches so far.

After recovering quickly to dispatch 16th-seeded Philipp Kohlschreiber of Germany 4-6, 6-3, 6-4, 6-4 and reach the quarter-finals at a 16th consecutive major tournament, Djokovic spoke from the heart about the passing of Jelena Gencic, who was 76.

Possible rematch

If Novak Djokovic can get past Tommy Haas, he'll find a familiar foe in the semi-finals: Seven-time French Open champion Rafael Nadal, who played his first relatively routine opening set of the tournament and put together a 6-4, 6-1, 6-3 victory over No. 13 Kei Nishikori of Japan.

- Nadal beat Djokovic in last year's final and is 56-1 in his French Open career.

"It hasn't been easy, but this is life. You know, life gives you things (but also) takes away close people," Djokovic said. "We were very close throughout my whole life, and she taught me a lot of things that are part of me, part of my character."

Gencic connected with a six-year-old Novak at a tennis camp, then worked with him for five years.

"I feel even more respon-

sible now to go all the way in this tournament," said the No. 1-ranked Djokovic, who owns six Grand Slam titles but none from Roland Garros. "I want to do it for her."

He'll need to beat three more opponents to accomplish that, starting with 12th-seeded Tommy Haas, who at 35 became the oldest French Open quarter-finalist since 1971 by eliminating Mikhail Youzhny 6-1, 6-1, 6-3 in less than one and a half hours.

By the second set, Youzhny was so out of sorts he destroyed a racket by slamming it nine times against his sideline seat.

Haas is a four-time Grand Slam semifinalist who climbed to No. 2 in the rankings at age 24. But recent times have been difficult because of a series of serious injuries and operations, including to his right shoulder and hip. He missed more than a full season.

"Who would have thought two years ago I'd be in this position today?" Haas asked. "I wouldn't have."

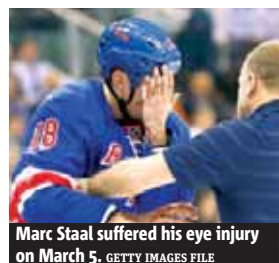
THE ASSOCIATED PRESS



Novak Djokovic plays a backhand during a French Open match against Philipp Kohlschreiber on Monday in Paris. Djokovic won 4-6, 6-3, 6-4, 6-4.

MATTHEW STOCKMAN/GETTY IMAGES

League has vision for mandatory visor use



Marc Staal suffered his eye injury on March 5. GETTY IMAGES FILE

Almost three months after New York Rangers defenceman Marc Staal suffered a career-threatening eye injury, mandatory visor use will take centre stage at Tuesday's NHL competition committee meeting.

Hybrid icing and goaltending equipment are also on the agenda while fighting is not expected to be discussed.

A hot topic well before Staal

took a puck in the eye, mandating all NHL players to wear visors is something the league office has supported for years. The NHL Players' Association educates its members on visors but has considered it a matter of individual choice.

That could change based on an internal NHLPA survey taken late this season. The union asked its members to

Getting protection

73%

According to the NHLPA, approximately 73 per cent of players wore visors during the 2013 season.

weigh in on making visors mandatory for all players —

those entering the league and grandfathering in current ones — or keeping it a choice for everyone.

"If you grandfather them in, you could slowly through time have all our players wearing visors," said Detroit Red Wings general manager Ken Holland, who will be one of the NHL's team officials in the meeting.

THE CANADIAN PRESS

4 SPORTS



Blackhawks goalie Corey Crawford helps out captain Jonathan Toews during his tussle with Kings left-winger Kyle Clifford on Sunday night in Chicago. The Blackhawks can take a commanding 3-0 lead in the Western Conference final on Tuesday night but it'll be tough — the Kings have won seven straight playoff games at Staples Center dating back to last season's Stanley Cup clincher. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Kings dealing with stark reality in Western final

Game of Thrones. On verge of being robbed of another cup-final appearance, L.A. looks to avoid unceremonious, late-season death at hands of Blackhawks

The Los Angeles Kings have been in all types of jams during the past two post-seasons.

Just a few weeks ago, they even escaped the same 0-2 deficit they're now facing in the Western Conference final.

"We've been here, what, three weeks ago?" forward Justin Williams asked, referring to the Kings' great escape in the first round against St. Louis. "Obviously it's not do-or-die (in Game 3), but it is."

Yet the defending Stanley Cup champions aren't sure they've tangled with an opponent that could match the depth and versatility of the

Chicago Blackhawks, who might even be the team to end Los Angeles' two-and-a-half-month run of dominance at home.

After back-to-back losses in Chicago, the Kings return to Staples Center for a crucial Game 3 on Tuesday night. The Kings have won 14 straight at home since March.

"Home ice is something we've been able to rely on, and have in our back pocket," Williams said Monday. "I'm (also) not sure why we went 10-1 on the road last year (in the playoffs). Certainly our confidence is high for us coming back home. There's been a lot of success there. We've won every which way there, and it's going to have to continue." **THE ASSOCIATED PRESS**

Spoiler alert

"It's pretty fair to say, as a line, we're collectively in a slump."

Kings captain Dustin Brown. Brown has a mere four points in the playoffs, star centre Ane Kopitar has just two goals in 15 games and Justin Williams has five goals and two assists.

NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 1-0)

Monday's result

Boston at Pittsburgh

Saturday's result

Boston 3 Pittsburgh 0

Wednesday's game

Pittsburgh at Boston, 8 p.m.

Friday's game

Pittsburgh at Boston, 8 p.m.

Sunday's game

x-Boston at Pittsburgh, 8 p.m.

Tuesday, June 11

x-Pittsburgh at Boston, TBD

Wednesday, June 12

x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-0)

Sunday's result

Chicago 4 Los Angeles 2

Saturday's result

Chicago 2 Los Angeles 1

Tuesday's game

Chicago at Los Angeles, 9 p.m.

Thursday's game

Chicago at Los Angeles, 9 p.m.

Saturday's game

x-Los Angeles at Chicago, 8 p.m.

Monday, June 10

x-Chicago at Los Angeles, 9 p.m.

Wednesday, June 12

x-Los Angeles at Chicago, TBD

x — played only if necessary

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. INDIANA (3)

(Series tied 3-3)

Monday's result

Indiana at Miami

Saturday's result

Indiana 91 Miami 77

WESTERN CONFERENCE

SAN ANTONIO (2) VS. MEMPHIS (5)

(San Antonio wins 4-0)

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	35	23	.603	—
Baltimore	32	25	.561	2½
New York	31	25	.554	3
Tampa Bay	31	25	.554	3
Toronto	24	33	.421	10½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	30	25	.545	—
Cleveland	30	26	.536	½
Minnesota	25	29	.463	4½
Chicago	24	30	.444	5½
Kansas City	23	31	.426	6½

WEST DIVISION

	W	L	Pct	GB
Texas	35	21	.625	—
Oakland	34	24	.586	2
Los Angeles	25	32	.439	10½
Seattle	24	33	.421	11½
Houston	20	37	.351	15½

Monday's results

Cleveland at N.Y. Yankees
Houston at L.A. Angels
Chicago White Sox at Seattle

Sunday's results

Tampa Bay 11 Cleveland 3
Baltimore 4 Detroit 2
Minnesota 10 Seattle 0

Texas 3 Kansas City 1

Houston 5 L.A. Angels 4

Oakland 2 Chicago White Sox 0

Boston 3 N.Y. Yankees 0 (6 inn.)

Tuesday's games — All times Eastern

Cleveland (Kazmir 3-2) at N.Y. Yankees
(Phelps 3-3), 7:05 p.m.
Tampa Bay (Moore 8-0) at Detroit

(Sanchez 5-5), 7:08 p.m.
Texas (Grimm 5-3) at Boston (Dempster 2-6), 7:10 p.m.

Baltimore (Tillman 4-2) at Houston
(Harrell 4-6), 8:10 p.m.
Minnesota (Deduno 1-1) at Kansas City

(Mendoza 1-2), 8:10 p.m.
Chicago Cubs (Feldman 5-4) at L.A. Angels
(Weaver 1-1), 10:05 p.m.

Chicago White Sox (Peavy 6-3) at Seattle
(Hernandez 6-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	34	22	.607	—
Washington	28	29	.491	6½
Philadelphia	27	30	.474	7½
New York	22	32	.407	11
Miami	16	41	.281	18½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	37	19	.661	—
Cincinnati	35	22	.614	2½
Pittsburgh	35	22	.614	2½
Chicago	23	32	.418	13½
Milwaukee	21	34	.382	15½

WEST DIVISION

	W	L	Pct	GB
Arizona	32	24	.571	—
Colorado	30	27	.526	2½
San Francisco	30	27	.526	2½
San Diego	26	30	.464	6
Los Angeles	23	32	.418	8½

Monday's results

Miami at Philadelphia
Colorado at Cincinnati
Pittsburgh at Atlanta
Oakland at Milwaukee
Arizona at St. Louis
San Diego at L.A. Dodgers

Sunday's results

Miami 11 N.Y. Mets 6
Philadelphia 7 Milwaukee 5
Pittsburgh 5 Cincinnati 4 (11 inn.)
Atlanta 6 Washington 3
San Francisco 4 St. Louis 2
Arizona 8 Chicago Cubs 4
Colorado 7 L.A. Dodgers 2

Toronto 7 San Diego 4 (11 inn.)
Tuesday's games — All times Eastern
Miami (Nolasco 3-6) at Philadelphia
(Petitbon 3-1), 7:05 p.m.

N.Y. Mets (Hefner 1-5) at Washington
(Zimmermann 8-3), 7:05 p.m.
Colorado (Nicasio 4-2) at Cincinnati
(Bailey 3-4), 7:10 p.m.

Pittsburgh (Locke 5-1) at Atlanta (Minor 7-2), 7:10 p.m.
Oakland (Griffin 5-4) at Milwaukee (Lohse 1-6), 8:10 p.m.

Arizona (Skaggs 1-0) at St. Louis (Wacha 0-0), 8:15 p.m.
San Diego (Richard 1-5) at L.A. Dodgers
(Lilly 0-2), 10:10 p.m.

Toronto (Johnson 0-1) at San Francisco
(Lincecum 3-5), 10:15 p.m.

NHL

Canadiens mum on Groulx axing

Goaltender coach Pierre Groulx will not return to the Montreal Canadiens next season.

The club announced Monday it will not renew Groulx's contract, but gave no reason for the move.

Groulx, who previously worked for the Florida Panthers and Ottawa Senators, had been Montreal's goalie coach since July 6, 2009.

He was the only member of the coaching staff kept on when Michel Therrien was named head coach for the 2012-13 season.

"Pierre is a coach with a strong work ethic; a true professional who largely contributed to the development of our goaltenders," general manager Marc Bergevin said in a statement. "Unfortunately, we have to make the difficult decision today not to renew his contract with the team."

The Habs' goalie tandem of Carey Price and Peter Budaj did well until late in the regular season. Price's woes continued in Round 1 of playoffs as Montreal was eliminated in five games by Ottawa. Budaj started Game 5 and was beaten six times.

THE CANADIAN PRESS

MLB. Elbow injury likely means end of 40-year-old Ortiz's pitching career

There was a look in the eyes of Mark DeRosa and Steve Delabar after they witnessed up close the pain of Ramon Ortiz's possibly career-ending elbow injury.

Both have been through similar injuries of their own yet both recovered to carry on productive careers that have wound up in Toronto.

Ortiz's days as a Blue Jay, and his 12-year major league career, are likely over. Not because he is beyond recovery from an elbow injury that is being evaluated in Florida, but because, at age 40, Ortiz was all but out of career options as a pitcher even before Sunday's injury.

"To be honest, and not to compare myself to Ortiz, but after my injury, the thought goes through your mind — is this it, is this the last time I take the uniform off?" said DeRosa, who endured a pair of wrist injuries and missed most of the 2010 Giants' World Series winning campaign.

DeRosa and the Jays flew out of San Diego to San Francisco Sunday night, while Ortiz flew by himself to Tampa.

TORSTAR NEWS SERVICE



Jays pitcher Ramon Ortiz leaves the field on Sunday night in San Diego after injuring his elbow.

THE ASSOCIATED PRESS

Ailing arms

Baseball is seeing an inordinate number of pitcher injuries the past couple seasons. According to MLB injury lists at the end of May, teams had 164 players on their disabled lists — 104 of them were pitchers.

104/164

Horoscopes

Aries

March 21 - April 20

Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

Taurus

April 21 - May 21

There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

Gemini

May 22 - June 21

This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

Cancer

June 22 - July 23

Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

Leo

July 24 - Aug. 23

You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

Virgo

Aug. 24 - Sept. 23

Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

Libra

Sept. 24 - Oct. 23

Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

Scorpio

Oct. 24 - Nov. 22

You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

Sagittarius

Nov. 23 - Dec. 21

You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

Capricorn

Dec. 22 - Jan. 20

Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

Aquarius

Jan. 21 - Feb. 19

Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give you confidence a boost.

Pisces

Feb. 20 - March 20

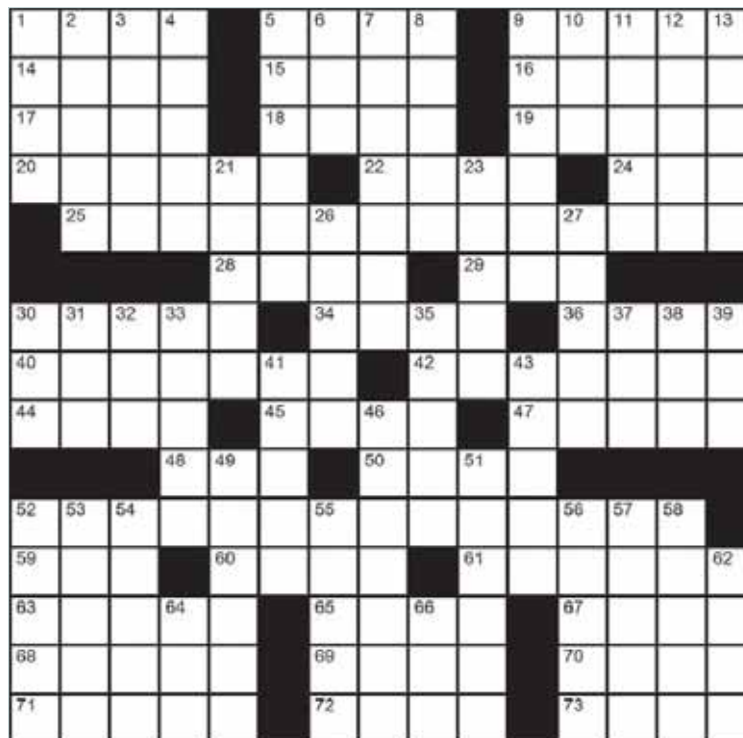
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, ___ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "___ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus ___ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep ___ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, ___ Lake



61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz

71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down

1. Rip off
2. Shania Twain album: 'The ___ in Me'
3. ___ acid
4. Rock bottom

5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books

12. "___ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward ___ (b.1857 - d.1934)

26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards ___" (1992)
38. Alter ___
39. British band, ___ Years After
41. ___ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern ___, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, ___ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Wednesday



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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WHITEN YOUR SMILE
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THINK OF IT AS MONDAY, TUESDAY, WHITEDAY.

What will a 3D White smile do for you?



[†]By removing surface stains.
Crest® 3D White™ toothpaste fights cavities

life opens up when you do

Crest

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